



**NUMBER 7**

**DATED 7 NOVEMBER 2008**

**Hi all**

Another newsletter so soon you are saying! Well we just have so much news to tell so it's time for another update.

### **PADDLING AT MATLOCK**

Saturday saw a fine day for 14 of us paddling at Matlock starting at Darley Dale with coaches Debs, Stuart and Tony. What a great day we had and not too cold, mind you for once I didn't swim! Sorry to those who did, Frances 'the fish' and many others! It made a change for us to do the river in the daylight this time so much so we didn't recognize the nasty bits til afterwards! Anyway thanks to all who drove, coordinated and coached and paddled of course. Next one Sat 29 Nov, watch the message board for details.

### **MINI COACHING COURSE FOR MINIS!**

Great News!!!!

Andrew Brinkley, President of Derby Uni Students' Union, Proficient Paddler and Sports Science undergraduate wishes to spend his work placement with the Peak Paddlers!

How lucky are we? So therefore, the coaches have selected a group of 6 paddlers to attend his 5 week course which starts at the pool on 13 Nov 08 til 11 Dec 08 inc. Every Thursday 8-10 pm. The lucky paddlers are:

PATRON: CLLR ROBIN BALDRY HPBC

Ben Watson, Nathan Watson, Lara Dunn, Patrick Dunn, Molly Foulds, Ailsa Gale

So if you see them having their own class, watch out! they are our clubs' future!

### **MANCHESTER CANOE CLUB**

We now have group membership of MCC! We have joined as a group with one coach and 8 paddlers which means that we can take a party of 8 plus 1 coach. This has been aided by Clive Williams who is also on the committee at MCC as well as spending all his time coaching us. So thank you Clive. Trips down the River Goyt at MCC at Marple will now be included in the programme.

### **WINTER TRAINING PROGRAMME**

Our aim next year is to get as many paddlers as possible (who wish to do so) to 2\* standard by the next outdoor season (16 Apr 09). Those who do not wish to do so will be trained to 1\* level. If you want to get to 2\* by Apr 09 please let Mark B know via the message board so that he can plan the training. To start the canoe training off the first open boat session will be held on Sun 7 Dec 08 at Buxworth Basin. Names on the message board please.

### **NEXT SEASON'S PROGRAMME**

Next years' sessions for the more proficient paddlers will continue on Thurs at Errwood 7-9pm wef 16 Apr 09. These will be supplemented by moving water trips at weekends and also on Thurs instead of some Errwood nights.

### **POOL TRAINING PROGRAMME**

The pool training programme up to Xmas is as follows:

[www.peakpaddlers.co.uk](http://www.peakpaddlers.co.uk)

<b>WEEK</b>	<b>COACH</b>	<b>TOPIC</b>
<b>2 OCT</b>	<b>MARK BUTLAND</b>	SWIM CAPSIZE. EACH WEEK REVIEW PREVIOUS
<b>9 OCT</b>	<b>MARK BUTLAND</b>	SPRAYDECK TESTS. SELF AND SWIMMER RESCUE, ESKIMO AND SWIMMER RESCUE, HIP FLICK RESCUE
<b>16 OCT</b>	<b>MARK BUTLAND</b>	RESCUE OF OTHERS KAYAK X RESCUE H RES CUE, OPEN CANOE CURLS
<b>23 OCT</b>	<b>MARK BUTLAND</b>	SWEEP STROKES DRAWS AND PRYS, CANOE AND KAYAK SKILLS
<b>30 OCT</b>	<b>CLIVE WILLIAMS</b> <b>CLAIRE HINCHCLIFFE</b>	FORWARD AND BACK, SUPPORT STROKES, SCULLING AND RECOVERY BOTH SIDES
<b>6 NOV</b>	<b>CLAIRE HINCHCLIFFE</b>	DYNAMIC STEERING ON THE MOVE BOW RUDDERS, BREAK OUTS BREAK/ INS, ONSIDE AND OFFSIDE STROKES, EMULATE WHITE WATER USING ROPES PRACTICE RUN THROUGH OF 1 STAR (EARLY GROUP AND LATE GROUP) 1 STAR THEORY QUIZ IN THE PUB
<b>13 NOV</b>	<b>PAUL EVANS FROM RLSS</b>	THROWING RESCUES, LIFT O UTS AND SPINAL TURNS.
<b>20 NOV</b>	<b>CLIVE WILLIAMS</b> <b>CLAIRE HINCHCLIFFE</b>	DIFFERENT EQUIPMENT, BUOYANCY AIDS AND BOATS AND PADDLES, EXPERIMENTING WEARING DIFFERENT EQUIPMENT IN POOL, BEST FIT AND SUITABILITY      SIDEWAYS DRAWS AND PRYS , DRAWSTROKES , SKULLING , DRAW BOTH SIDES CANOE AND KAYAK
<b>27 NOV</b>	<b>CLAIRE HINCHCLIFFE</b>	DYNAMIC STEERING , LATER POLO GAME WITH TEAMS OF FIVE ON THE MOVE LOW BRACE TURNS BOW RUDDERS , BREAK OUTS BREAK INS , ONSIDE AND OFFSIDE STROKES
<b>4 DEC</b>	<b>CLAIRE HINCHCLIFFE</b>	PRACTICE RUN THRO UGH OF 2 STAR (EARLY GROUP AND LATE GROUP) 2 STAR THEORY QUIZ IN THE PUB
<b>11 DEC</b>	<b>CLIVE WILLIAMS</b> <b>CLAIRE HINCHCLIFFE</b>	DIFFERENT EQUIPMENT, BUOYANCY AIDS AND BOATS AND PADDLES EXPERIMENTING WEARING DIFFERENT EQUIPMENT IN POOL , BEST FIT AND SUITABILITY , PREPARATION FOR CHRISTMAS , WHAT TO BUY AND WHAT NOT TO BUY

PATRON: CLLR ROBIN BALDRY HPBC

## **CRIMBO 'DO'**

Don't forget the Crimbo 'do' at the Taj Mahal, High Street , Buxton. Johnathon has arranged an Indian Banquet for us hungry paddlers and Mo has even cancelled a pool session! So put you name down on the message board before 1 Dec please.

## **POOL ROSTER**

We have a roster for pool nights for help at the desk. It would be great if ALL members could take it in turns to take some of the pressure off the hard-working committee. It needs two people each night so names and dates please to Jean (Hippy Paddler) on [bronte.vale@tiscali.co.uk](mailto:bronte.vale@tiscali.co.uk)

That's all for now folks!

Don't forget .....

**SAFE PADDLING!!!!**